

SUNSHINE COLUMN

NORTH CAROLINA DIVISION OF INTERNATIONAL SUNSHINE SOCIETY.

Mrs. J. M. RANSIER, State President, Hendersonville, N. C.

FROM SUNSHINE HEADQUARTERS.

Several Sunny Suggestions.

A little spot of sunshine,
Came like a patch of gold
And fell upon a flower bed
As it shivered in the cold.

But when the sunshine kissed it,
In just a little while,
Its blushing petals opened
And answered with a smile.

So often in life's trials,
When all the world seems cold,
One lone word spoken to us
Comes like this patch of gold.

* * *

Did you ever stop to think just how much you are influenced by the things you read, the people you meet, the scattered opinions you hear?

And did you ever stop to think that you yourself are a radiating influence?

You direct to a certain extent the moods, laughter, tears, emotions, of those with whom you live and come in contact. Could we know that we are certainly making the entire character of a single individual, and that we alone must bear the responsibility, how great a trust we should deem it, and how careful we would be! Yet in truth we do far more than this. Every one who approaches us owes something of his character to our influence and the effect does not stop there. Like a magnetic current, it passes on from one person to another, and no human power of computation can ever measure its strength or its extent. Think now of those you knew when you were a child, those who were kind and good to you, whose lives were full of love and gentle sweet goodness. They left behind them a dove-gray shadow of tenderest thoughts, which come to you again and again and make you realize that it is indeed a privilege to have been given a place in this busy world.

* * *

Each new day with its opportunities is a fresh gift from the hand of God.

Why not cultivate the grace of saying agreeable things, even to the extent of hunting them up and dragging them to the light when they happen to be obscure? This power to say pleasant things—true ones—is an accomplishment which is generally overlooked, or left as a mere worldly matter, to light-minded people.

"An' take the sting from what commenced to rankle when 'twas spoke,
By keepin' still an' treatin' it as if it wuz a joke.
Ye'll find that ye can fill a place with smiles instead o' tears,
An' keep the sunshine gleamin' through the shadows o' the years—
By jes' laughin'.

"Folks sometimes fail to note the possibilities that lie

In the way your mouth is curvin' an' the twinkle in yer eye;
It ain't so much the doin' as the way a thing is did:
An' many a home is kept happy and contented day by day,
An' like as not a kingdom has been rescued in a day—
By jes' laughin'."

* * *

Who does not know the volatile woman whose presence you feel almost before her smiling face comes into sight? Who does not number among her friends the woman who is a perfect fort and barrier against pessimism and misery? Who is there who cannot plainly see that such women are the salt of the earth, sent to us like angels of mercy and charity and affection to lift us up and cheer us along and make us stronger and better and braver?

When we are made stronger and braver let us turn our strength and bravery toward those who are even weaker. For we have no right to that which we can so easily give toward the good of others. By giving cheerfulness we also create more for ourselves.

* * *

"If one looks upon the bright side, It is sure to be the right side; At least that's how I've found it as I've traveled through each day, And it's queer how shadows vanish, And how easy 'tis to banish From a bright side sort of nature Every doleful thing away."

Women talk too much about their troubles and their ills. In the mere mentioning troubles grow greater and are vastly harder to bear. After stunning, heart tearing sorrows, the sufferer fancies that recovery to the normal life is impossible. But there is no one scarcely in all the world who has not some one to live for, to comfort and to cheer. It is the natural thing for griefs to gradually become dulled, with time and the one who fights against this natural process of life, who prolongs her sorrow by endless grieving, is not only doing herself a frightful, wicked injury, but is casting a dull gloom and shadow upon those who are near her.

"The sunny side, the sunny side,
Let's always look upon it;
'Tis better far to banish care
Than sadly to muse on it.
Do not sit down with folded hands,
And always be repining;
But when beneath the darkest cloud
Think of its silver lining."

* * *

Letters are coming in about the Sunshine party to the World's Fair; all who would like to join me in a trip there in October please write at once so I can know about how many there will be of us.

As I spent two months there at the opening, and of course had to pay for some experience, I thought it might be Sunshine to pass this experience along to you and save you not only money on your trip, but also valuable time, muscles and shoe leather. In fact, I know I can; and it will give both myself and husband pleasure to be able to do so, and trust as many of our Farmer Sunshine readers as are thinking of going this fall will write and we will all go together and get acquainted.

EDUCATIONAL DIRECTORY

Littleton Female College

This institution with a patronage of more than 200 pupils from five different States, covering an area of 1,000 miles in diameter, desires immediate correspondence with any young lady who wishes to go off to school. A postal card or letter will bring immediate reply and interesting information.

The 23d Annual Session will begin on Wednesday, September 14, 1904.

J. M. RHODES, PRESIDENT, Littleton, N. C.

::NEW BERN MILITARY ACADEMY:: NEW BERN, N. C.

Largest and best equipped Boarding school in Eastern Carolina. Several thousand dollars being spent in buildings and equipments. Electric Lights, Bath Rooms, Water-Works, Foot-ball, Boat Racing, Base-ball. Faculty of nineteen Specialists (including lecture faculty.)

CAROLINA BUSINESS COLLEGE, NEW BERN, N. C.

Every graduate holding a position. Positions guaranteed. Railroad fare paid. Large and loyal student body our best advertisement. Special Rates for July. Write at once for beautifully illustrated catalogue.

S. J. HOLLADAY, President.

WAKE

The Seventy-first Session will begin Aug. 31. Fifteen independent "Schools," embracing Science, Language, Mathematics, Philosophy, Bible, Law, Medicine, Pedagogy, Chemical and Physical Laboratories. 16,000 Volumes in Library.

FOREST

The Gymnasium is one of the most well appointed in the country. Abundant baths. Expenses very moderate.

COLLEGE

Address President C. E. TAYLOR.

TRINITY PARK SCHOOL

(Established 1898.)

Next Session Opens September 7, 1904.

Your Attention is Called to the Following Points:

1. **Complete Equipment.** It includes a library unsurpassed in the Southern States; chemical and physical laboratories; large and comfortable dormitories furnished with modern conveniences; gymnasium supplied with the best athletic apparatus, swimming pool, shower baths and bowling alley.
2. A faculty now numbering eight experienced teachers, and increasing with the growing needs of the school.
3. Courses in English, Latin, Greek, French, German, Mathematics, physics, Chemistry, History and Bible.
4. The location is healthful and the water perfectly pure.
5. In six years two hundred students have been prepared for college.
6. The terms are so low as to place these advantages within the reach of students of limited means. For catalogue and views, address

J. F. BIVINS, Headmaster, Durham, N. C.

SOUTHERN DENTAL COLLEGE, ATLANTA, GEORGIA.

If you are interested in obtaining a dental education, write for free catalogue of full instruction.

Address DR. S. W. FOSTER, DEAN, 100 NORTH BUTLER STREET, ATLANTA, GEORGIA

1793

THE BINCHAM SCHOOL

1904-05

Ideally located near Asheville. **MILITARY.** Highly commended by Army Officers and Army Inspectors. Refusing Pupils instead of increasing accommodations. \$130 per half term. COL. R. BINGHAM, Supt., R. F. D. No. 4, Asheville, N. C.

Institute for Young Women & Conservatory of Music. The Best Place for Your Daughter

PEACE
RALEIGH
N. C.

College Courses High Standard Catalogue FREE Address, Jas. Dinwiddie President

UNIVERSITY COLLEGE OF MEDICINE, RICHMOND, VIRGINIA.

MEDICINE—DENTISTRY—PHARMACY
Modern Laboratories in charge of specialists. Quiz System. Superior Clinics. Bedside teaching in our own Hospital. For detailed information, write THE PROCTOR.

Caldwell School.

Truthful, pure, sincere students for Caldwell School. A School for boys and girls in a quiet restful place, congenial to intellectual study and the development of character. Write for catalogue.

MATTIE J. CALDWELL, PRINCIPAL, Lemon Springs, Moore Co., N. C.

\$108

pays Board and Tuition one year in one of the largest and best Boarding Schools South. (near Greensboro, N. C.) Literary, Normal, Commercial, Musical. Splendid new buildings. Nearly Three Hundred Students from Canada to Cuba. Famous for Health. To secure admission apply early. 43d Term opens August 31st. Catalogue free. Address: **WHITSETT INSTITUTE,** Whitsett, N. C.